

**Amendments to the Abstract**

Please substitute the paragraph presented on the next page for the abstract now appearing in the currently filed specification:

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**ABSTRACT**

An electric plug includes a plug housing, at least two incorporated plug-in contacts that are to be inserted into corresponding jacks of an outlet, and a cable feeder. A manually actuated ejection mechanism encompassing a push-out device is disposed in the plug housing. The push-out device cooperates with a spring in such a way that the spring is biased in the plugged-in state of the plug in order to allow the plug to be automatically removed from the outlet by means of the push-out device when the ejection mechanism is actuated. In order to actuate the ejection mechanism, the same is automatically triggered by pulling on the cable, the tensile force being effective on a strain relief device for the cable, which is located in the plug housing and cooperates with triggering device for actuating the spring-biased push-out device.